Concordia
UNIVERSITY

PLEASE POST

Lacolle Centre for Educational Innovation
Fall / Winter 1991 Workshops

MOVEMENT HARMONY: INTERKINESIS

Interkinesis employs gentle and simple movements that all can do. Supported by guided imagery, creative visualization and the breath, participants learn to re-educate the body/mind, directing the whole self toward an improved alignment of body, mind and spirit.

Workshop Leader: HEATHER BROWN, founder of Interkinesis, has a background in the Alexander Technique, Feldenkrais, Internal Taoist Exercise, Ideokinesis and Psychophysical Method. She is a certified Physical Education teacher and movement therapist.

Saturday, Sept. 28, 1991 10:00 a.m. - 4:00 p.m. Location to be announced $50

HOW TO IMPROVE THE LEVEL OF YOUR SELF-ESTEEM

How you feel about yourself affects every aspect of your experience - from the way you behave as a parent, to the way you function in your professional or business life. This workshop will help develop your self-esteem, help you grow in self-confidence and self respect and exert a more positive influence on your family, friends and associates.

Workshop Leader: DR. RAPHAEL MARCUS teaches Business Administration at Dawson College.

Tuesday, Oct. 1, 1991 7:00 - 10:00 p.m. Location to be announced $35

ILLUMINATING OUR PERSONAL HISTORY

This workshop uses art making and journal writing for self reflection purposes. Participants should bring photographs which should include those taken by, as well as of the participants. Participants will interact with the image, share the associated relevant information, memories, feelings and personal symbols.

Workshop Leader: JOYCE JASON is an artist, art educator and art therapist/consultant. She teaches at Vanier College and has a private art therapy practice.

Saturday, Oct. 5, 1991 9:30 - 4:00 p.m. Location to be announced $50

TRANSFORMATIVE THEATRE: A Creativity Workshop for Women

Transformative Theatre offers a venue for women who are looking for new ways of expressing themselves and of sharing their knowledge. The workshop enhances interactive skills, intuition, spontaneity and self-expression through the language of play and embodied creativity. Group meets 3 hours weekly for 8 weeks. Limited enrollment.

Workshop Leader: ANN SCOFIELD, founder of Transformative Theatre in 1983, has offered her creative workshop series in the United States, Central America, Great Britain and Canada.

Tuesdays, October 15 - December 3, 1991	6:30 - 9:30 p.m.	Location to be announced	$240
Thursdays, October 17 - December 5, 1991	6:30 - 9:30 p.m.	Location to be announced	$240
(One afternoon group will be offered - day, time and location to be announced)			$240

TECHNIQUES AND STRATEGIES FOR PROMOTING YOUR BUSINESS

A workshop designed to provide entrepreneurs who wish to advertise and promote their goods and/or services with a basic understanding of copywriting and graphic design techniques and marketing strategies. Fee includes $15 for workshop materials.

Workshop Leader: BARBARA ETCOVITCH is a journalist, copywriter and graphic designer.

Saturday, Oct. 19, 1991 9:30 - 4:00 p.m. Location to be announced $65 (includes program materials)

INTRODUCTION TO MORITA THERAPY: A Japanese Method of Constructive Living

This workshop will demonstrate the basic theory, practice and philosophy of Morita therapy through experiential learning activities. Some of the topics for discussion will include procrastination, perfectionism, social anxiety, self-doubt, hypersensitivity.

Workshop Leader: PETER KELLY is a practicing Psychologist and Certified Morita Therapist.

Wednesday, Oct. 23, 1991. 7:00 - 10:00 p.m. Location to be announced $35

(CONTINUE ON REVERSE SIDE)

DEVELOPING CREATIVE THINKERS

This workshop is designed to sensitize participants to some of the major blocks to creative thinking as well as provide them with concrete strategies to overcome these blocks. The techniques introduced in this workshop have proven effective in producing fresh, innovative ideas in a wide range of fields.
Workshop Leader: OLIVIA ROVINESCU is director of Lacolle Centre for Educational Innovation, Concordia University.

Friday, Oct. 25, 1991 9:30 – 4:00 p.m. Location to be announced $50

GRAPHOANALYSIS: THE SILENT WITNESS

Participants will be introduced to a scientific system of handwriting analysis and will learn how they process information, develop insight into what motivates them to achieve and learn how to develop their full potential. This workshop is appropriate for parents, teachers and counsellors who want to understand pupil intelligence, learning motivation and aptitudes from a broader perspective.
Workshop Leader: RITA POMADE is a certified master Graphoanalyst serving the academic and business community.

Saturday, Nov. 2, 1991. 9:30 – 4:00 p.m. Location to be announced $50

THE POWER OF LAUGHTER

The workshop will explore the myths and misuses of laughter and will provide tools for using laughter constructively. The workshop will include both theory and hands–on exercises affecting attitude and behavioural perspectives on compulsivity, loss, anger and stress.
Workshop Leader: HAZEL LIPES specializes as a laughter therapist/consultant.

Saturday, Nov. 9, 1991. 9:30 – 4:00 p.m. Location to be announced $50

QUICKY STRESS REDUCTION

If you're so busy trying to keep up with your life that you feel stress reduction would simply add one more demand to your stress load, this workshop is for you. You will be introduced to several brief stress reduction techniques involving the mind, body and energy.
Workshop Leader: CAROLYN SPRINGER is a therapist in private practice.

Saturday, Nov. 16, 1991. 10:00 – 1:00 p.m. Location to be announced $35

WRITING THAT WORKS

This workshop is for people who need to write but who find writing difficult. You will learn an approach that will help you write more easily, overcome writer's block and communicate more effectively.
Workshop Leaders: MARY MAR and MARY O'MALLEY direct Concordia University's Writing Centre. Both have taught writing courses at the University level and have presented numerous workshops.

Saturday, Nov. 23, 1991. 9:30 – 4:00 p.m. Location to be announced $50

REGISTRATION PROCEDURES

1. Registration fees are subject to 7% GST with the exception of: Concordia University departmental transfers and Transformative Theatre Workshop series.
2. Registration fees will be reduced by half if more than 5 people from the same organization (or department) attend.
3. A separate registration form must be completed for each workshop. Make your cheque payable to: Lacolle Centre, Concordia University and return with registration to: 7141 Sherbrooke St. West, Montreal, Quebec H4B 1R6

FOR MORE INFORMATION CALL 848–4955

REGISTRATION FORM: LACOLLE CENTRE

Title of Workshop _____ Date: _____

Name _____ Telephone: (Home) _____ (Work) _____

Address: _____ Postal Code: _____

Cheque enclosed: $ _____ (plus 7% GST)

Concordia Participants:

Budget Code: _____ Authorized Signature: _____